



Human Services Committee
367 Main Street, Hyannis, MA
August 9, 2022
5:30pm

MEETING MINUTES

I. BUSINESS

A. Roll Call: Administrator Cynthia Lovell took roll call: All members participating remotely due to the extension from the Governor's office protocol due to Covid restrictions.

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Members present: Cheryl Powell, (Chair); Carlos Barbosa; Liz Rabideau; Scott Fitzgerald; Meaghan Mort; **Absent:** Rep Steven Xiarhos

Chair of the Committee asked for any Public Comment, seeing none on the Zoom screen, Chair of Committee gave a brief update on Committee Membership (standing item); the Appointments Committee voted another member to serve that is before the Town Council which needs to go through two readings, and if favorable she will be joining this Committee soon, her name is Kimberly-Crocker Crowther, and she works at Cape Cod Healthcare.

Chair of Committee gave a reminder to the members on Conflict of Interest Training, and asked the members to complete if you have not done so in the last two years, if you have then you are up to date, but check with Cynthia Lovell in the Council office to confirm if your not sure.

Chair of Committee introduced Ms. Jackie Lane from NAMI (National Alliance on Mental Illness) and asked that she give a brief description of what the organization does in our Community.

Ms Lane acknowledged Carlos Barbosa who she stated was a very important member of NAMI, as he represents a very large population of individuals that live here in Barnstable. NAMI has a branch in every state in Massachusetts we are our own 501C and are not governed by the State of Mass, we have our own Board of Directors and receive no funding from the government, but do take private donations. We do not charge a fee to anyone that uses our services, and we serve everyone no matter there financial abilities. NAMI Cape Cod & the Islands envisions being instrumental in identifying the mental health needs of the Cape and Islands' diverse populations and, in collaboration with community partners, envisioning and implementing a comprehensive system that integrates mental health as an essential component of health care that is accessible to all. We have mostly volunteers, but did add a staff member that is paid, but mostly run on volunteers. NAMI provides information to educate the public which NAMI sees as a very critical part of their program.

Ms. Lane explained in the following some programs that are available to our Community: NAMI has hosted a number of "It Takes a Community" five-day training sessions open to all police departments on Cape Cod as well as other first responders. As the police have become the front lines in mental health crises, this training is crucial in teaching them about mental health issues and de-escalation

techniques and introducing them to available resources as well as how to access them. We currently have trained over 100 police officers and have seen the tremendous impact this has had on the treatment of the mentally ill and on jail diversion. The CCIT model also includes personnel from other agencies to participate in the classes along with the police, thus strengthening collaborative opportunities.

NAMI has a program called Think:Kids, which is a Collaborative Problem Solving (CPS) approach for handling challenging children developed by the Psychiatry Department of Mass General Hospital. We have offered specialized workshops for parents and mental health professionals as well as teachers, school guidance counselors and administrators in all school systems on Cape Cod and the Islands.

There is a Family to Family program which is an 8-week education course to help families understand and deal more effectively with their mentally ill loved ones. Ms Lane went on to explain that they offer so many programs they are hard to list them all, but if anyone wants information to any of our programs they can write us at:

NAMI CAPE COD AND ISLANDS | 5 Mark Lane, Hyannis, MA 02601-3792
508-778-4277 | info@namicapecod.org

Chair of Committee asked if any of the members had any questions for Ms. Lane:

Ms Crowther from the public wanted to thank NAMI for the resources they provide, she works for Cape Cod Healthcare with Ms. Powell, and they utilize the informational book that NAMI puts out, it's a wonderful tool, and I encourage everyone to get a copy if possible from NAMI.

Mr. Barbosa asked if there was any training happening with the Sheriff's department, he is aware of the program for the Police Officers here in Barnstable, but wanted to know if the same training is extended to the Sheriff department as well. The District Attorney joins our trainings all the time, and we have had a couple of interns from the Sherrifs office as well, so they do participate.

Ms Rabideau wanted to know if the CCIT training they do have a mental health component to it, as many of the clients she works with have a mental illness. Ms Lane answered that they touch on it a little bit because it is a big part of everyone that comes into contact if you work in this field, however there are so many laws in the State that deal with this, so NAMI follows those laws and rules as well.

Committee member Meaghan Mort asked about any programs that are offered in school for school age children to access? Ms Lane stated that the school systems have many programs that are offered to them that are mandated by the State to adhere to, so they do offer a lot, and we are in contact with Ms. Hurley in the School Administration and talk often about our programs that are offered, and offer any help they may need, but do not go into the schools unless we are asked or invited.

Ms. Lane thanked the Committee members for listening and encouraged all to seek the services and obtain a copy of our resource book.

Chair of Committee received the report from the former Chair Scott Fitzgerald regarding the initial discussion of format for submission report from Committee to the Town Council. Chair asked the Committee members if anyone had a reference as to how the report is structured to please send the Chair their thoughts on what the report should say and contain.

Carlos asked about the next guest speaker if it was going to be about housing. There is such a need, and for 10 years we have been talking about developing housing and we are no further as a Town in solving this issue, Carlos said all there is talk without solutions, and we need to have solutions, no more talking, we need housing that is affordable for all otherwise he is concerned as to what is going to happen to Cape Cod if no one is here to work and run the business's. Carlos had to pay almost \$40, 000 in permitting for the water sprinkler system on a project that he is building, so it is not easy to build in Barnstable. Nor is it affordable, so there needs to be something done, or a discussion needs to be had

with individuals that make these types of decisions. Carlos would like to see a partnership with the Town and the Water companies to make it affordable when building large projects that require a large scale system of sprinklers.

Many of the members agreed that housing is and should be a priority moving forward, and that traditional housing is not an option anymore for most, we need to be creative and allow other types of housing to happen here, members voiced concern over the future for Cape Cod.

Chair of Committee asked for a motion to adjourn, Scott Fitzgerald made the motion to adjourn, Carlos Barbosa seconded the motion, Administrator Lovell took a Roll Call Vote:

Cheryl Powell	yes
Scott Fitzgerald	yes
Carlos Barbosa	yes
Meaghan Mort	yes
Representative Stephen Xiarhos	yes

ADJOURN: 6:30pm

NEXT MEETING: September 13, 2022 5:30pm